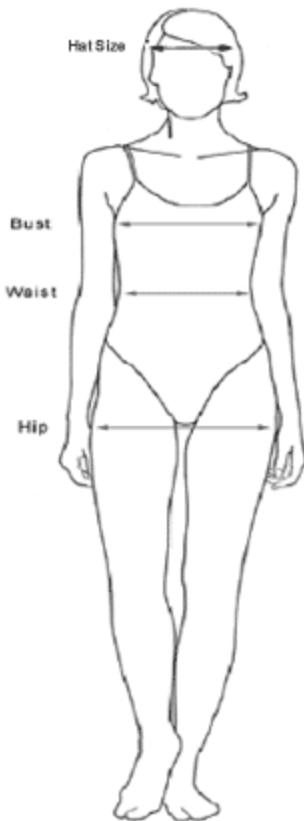


# Women's Navy Measurement Guidelines & Sizing Charts

Women's uniforms come in 3 different body types: Junior (J); Misses (M) and Women's (W)? The junior is 2" smaller in the hip than the misses and 4" smaller than the women's. They also come in 3 lengths to accommodate your height: petite (5' 3/4" and under); regular (5' 3/4" – 5' 7") and tall (5' 7" and above).



## TO DETERMINE YOUR BEST SIZE:

1. If possible, have measurements taken by a qualified tailor or fitter as described below.

**Bust:** With arms relaxed down at sides, measure over the fullest part of your bust, keeping tape parallel to the floor.

**Waist:** Measure around your natural waistline; keep your measuring tape comfortably loose. Don't measure over clothing.

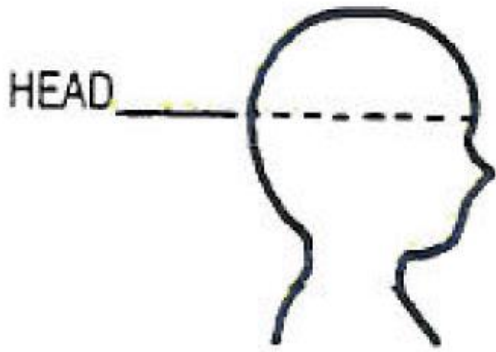
**Hip:** Stand with heels together. Measure around the fullest part of you hips.

**Sleeve Length:** Stand with arms relaxed. Measure from the bone in the center if the back of the seam, and continue around the elbow to the wrist bone.

2. Use the chart to predict your size. For example, a 12MR has the following measurements:

Bust 37 1/2", Waist 29 1/2", Height 5'5".

3. Determine the correct fit. For a skirt or slacks, fit the waist. In the example above, if the 12MR hip is too big, try a 12JR. If the hip is too small, try a 12WR. If the waist is too tight, try the next size. For a jumper or dress coat, fit the bust. Adjust the type to fit the hip.



## How to Measure for Combination Cover

Combination cover are sized numerically by whole numbers and fraction (1/8, 1/4, 1/2, etc.) Measure the circumference of the head as shown in the figure above and divide by 3.125 to get an estimated size. Use the table below to choose the right cover size.

If Hat Size is...
6 3/8
6 1/2
6 5/8
6 3/4
6 7/8
7
7 1/8
7 1/4
7 3/8
7 1/2
7 5/8
7 3/4
7 7/8
8

# Men's Navy Measurement Guidelines & Sizing Charts

## Instructions for Measuring:

- If possible, have measurements taken by a qualified tailor or fitter.
- Take measurements of the individual, not the desired garments.
- Hold tape firmly, never loosely when taking measurements.
- For coat measurements, take all measurements over dress shirt.
- Wear regulation shoes when measurements are being taken.

## How to Measure for Men's Long Sleeve Shirts:

Men's shirts are sized by the neck and outside sleeve measurement.

- Measure neck as shown in figure to the right:
- For long sleeve measurement raise and bend the arm at a right angle parallel to the floor with palms down. Measure from center of back to sleeve seam, continue around the elbow to the wrist bone as shown in figure 2 below. The length desired by most men is about one inch below the center of the wrist.

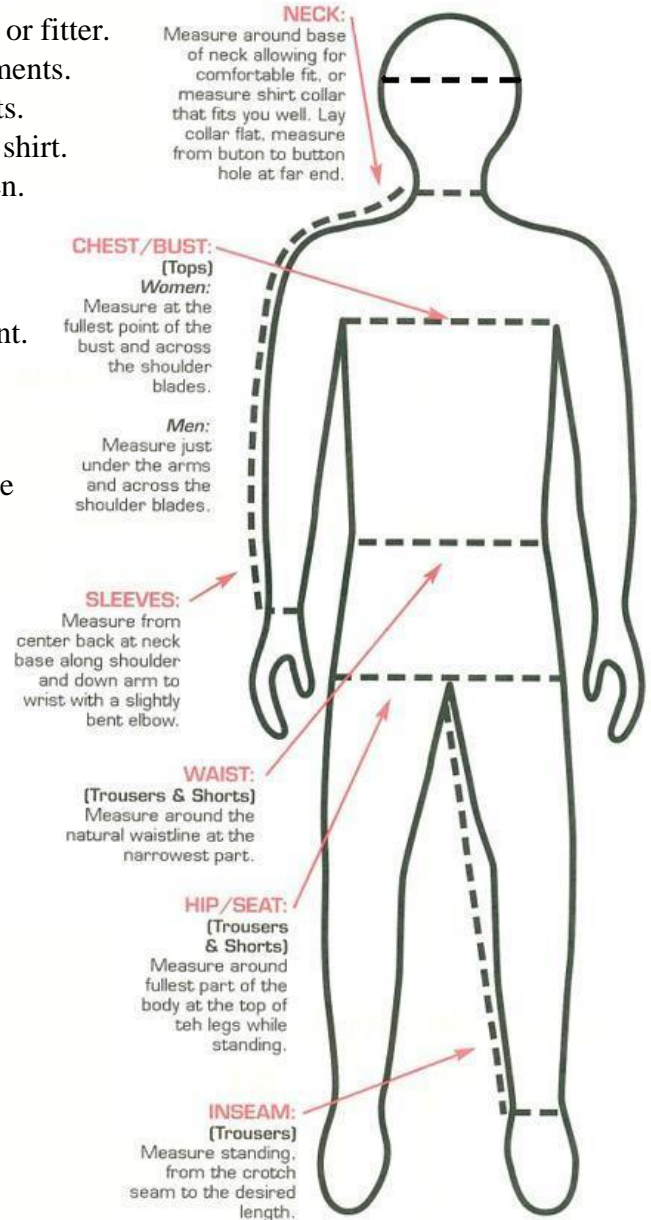


FIG 2

## How to Measure for Men's Short Sleeve Shirts:

Men's short sleeve shirts are generally sized small, medium, medium/large, large, etc. Take a neck measurement as shown in figure 1 above and a chest measurement as shown in figure 3. Using the results, go to the table below to calculate the size.

If neck measures:	and chest measures:	then your size is:
14 - 14 ½	34" - 36"	Small
15 - 15 ½	38" - 40"	Medium
15 ½ - 16	41"	Med/Large
16 - 16 ½	42" - 44"	Large
17 - 17 ½	46" - 48"	X-Large
18 - 18 ½	50" - 52"	XX-Large
19 - 19 ½	54" - 56"	XXX-Large



# Men's Khaki & White Shirt Size Chart

E7 & Above - Service Khaki & Service White Uniforms

SIZE	CHEST	WAIST	
		Athletic	Classic
XS	36	30 OR LESS	30.5 OR MORE
S	39	33 OR LESS	33.5 OR MORE
M	43	37 OR LESS	37.5 OR MORE
L	47	41 OR LESS	41.5 OR MORE
XL	51	45 OR LESS	45.5 OR MORE
XXL	55	49 OR LESS	49.5 OR MORE
XXXL	59	53 OR LESS	53.5 OR MORE
XXXXL	63	57 OR LESS	57.5 OR MORE

\*Use Height or Sleeve for coats.

\*Use Height or Inseam for trousers.

# Men's Trousers Size Chart

E7 & Above - Service Dress Blue & Service Dress White Uniforms

NUMBER SIZE	WAIST	HIPS	HIPS	
			Athletic	Classic
26	26	33	>32.5	<33.5
27	27	34	>33.5	<33.5
28	28	35	>34.5	<34.5
29	29	36	>35.5	<35.5
30	30	37	>36.5	<36.5
31	31	38	>37.5	<37.5
32	32	39	>38.5	<38.5
33	33	40	>39.5	<39.5
34	34	41	>40.5	<40.5
35	35	42	>41.5	<41.5
36	36	43	>42.5	<42.5
37	37	44	>43.5	<43.5
38	38	45	>44.5	<44.5
39	39	46	>45.5	<45.5
40	40	47	>46.5	<46.5
41	41	48	>47.5	<47.5
42	42	49	>48.5	<48.5
43	43	50	>49.5	<49.5
44	44	51	>50.5	<50.5
45	45	52	>51.5	<51.5
46	46	53	>52.5	<52.5

# Men's Length Prediction Chart

E7 & Above

	X SHORT	SHORT	REGULAR	LONG	X LONG	XX LONG
HEIGHT	UNDER 63	63 - 67	67 - 71	71 - 75	75 - 79	>79
SLEEVE	30	32	34	36	38	40
INSEAM	28	30	32	34	36	38

\*Use Height or Sleeve for coats.

\*Use Height or Inseam for trousers.

## Women's Uniforms Tops & Bottoms Size Chart

E7 & Above - Service & Service Dress Uniforms

SIZE	BUST	WAIST	HIPS		
			Juniors	Misses	Womens
2	31.5	23.5	32	34	36
4	32.5	24.5	33	35	37
6	33.5	25.5	34	36	38
8	34.5	26.5	35	37	39
10	36	28	36.5	38.5	40.5
12	37.5	29.5	38	40	42
14	39	31	39.5	41.5	43.5
16	41	33	41.5	43.5	45.5
18	43	35	43.5	45.5	47.5
20	45	37	45.5	47.5	49.5
22	47	39	47.5	49.5	51.5
24	49	41	49.5	51.5	53.5
26	51	43	51.5	53.5	55.5

## Women's Length Prediction Chart

	X-PETITE	PETITE	REGULAR	TALL	X-TALL
HEIGHT	UNDER 61	61 - 64	64 - 67	67 - 70	70 - 73
SLEEVE	<29.75	29.5 - 30.75	30.76 - 32.75	32.76 - 33.75	>33.76
INSEAM	<28	28.1 - 30.99	31 - 33.99	34 - 35.99	>36

\*Use Bust & Waist for coats.

\*Use Waist & Hip for Slacks.

## Women's Slacks Size Chart

E6 & Below - Service & Service Dress Uniforms

SIZE	WAIST CIRCUMFERENCE	HIPS CIRCUMFERENCE		
		Juniors	Misses	Womens
4	26.5 <	32.5 - 34.5	34.5 - 35.5	35.5 - 37.5
6	26.5 - 27.5	33.5 - 35.5	35.5 - 36.5	36.5 - 38.5
8	27.5 - 28.5	34.5 - 36.5	36.5 - 37.5	37.5 - 39.5
10	28.5 - 30	35.5 - 37.5	37.5 - 39	39 - 41
12	30 - 31.5	37 - 39	39 - 40.5	40.5 - 42.5
14	31.5 - 33	38.5 - 40.5	40.5 - 42	42 - 44
16	33 - 35	40 - 42	42 - 44	44 - 46
18	35 - 37	42 - 44	44 - 46	46 - 48
20	37 - 39	44 - 46	46 - 48	48 - 50
22	39 - 41	46 - 48	48 - 50	50 - 52
24	41 - 43	48 - 50	50 - 52	52 - 54
26	43 - 45	50 - 52	52 - 54	54 - 56

## Women's Length Prediction Chart

	X-PETITE	PETITE	REGULAR	TALL	X-TALL
HEIGHT	UNDER 61	61 - 64	64 - 67	67 - 70	70 - 73
SLEEVE	<29.75	29.5 - 30.75	30.76 - 32.75	32.76 - 33.75	>33.76
INSEAM	<28	28.1 - 30.99	31 - 33.99	34 - 35.99	>36

\*Use Height or Sleeve for coats/jumper.

\*Use Height or Inseam for Slacks.